

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	141	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Iron, Fe	mg	0.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Magnesium, Mg	mg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Phosphorus, P	mg	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Potassium, K	mg	211	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Sodium, Na	mg	70	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Zinc, Zn	mg	0.27	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Copper, Cu	mg	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Selenium, Se	µg	4.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Thiamin	mg	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Riboflavin	mg	0.240	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Niacin	mg	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6	mg	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, total	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Folate, food	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	19.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	0.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	119	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	117	--	--	--	--	--	--	--	--	Calculated or imputed	01056	01/2003
Carotene, beta	µg	27	--	--	--	--	--	--	--	--	Calculated or imputed	01056	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	436	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	--	--	--	--	--	--	Calculated or imputed	01056	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	10	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	01056	01/2003
Lipids													
Fatty acids, total saturated	g	8.700	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
4:0	g	0.460	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
6:0	g	0.270	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
8:0	g	0.150	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
10:0	g	0.360	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
12:0	g	0.400	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
14:0	g	1.410	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
16:0	g	3.690	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:0	g	1.700	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fatty acids, total monounsaturated	g	4.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
16:1 undifferentiated	g	0.310	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:1 undifferentiated	g	3.530	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.500	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:2 undifferentiated	g	0.310	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:3 undifferentiated	g	0.200	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Cholesterol	mg	35	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003